

If You Do Evacuate

Meeting Places If Separated:

- List three places where family members should plan to go if they cannot stay in or return to their home.
- If you arrive home after the quake and no one is there, this list will provide you with places to start looking for other family members.

Important Numbers & Addresses:

- During the first 24 hours following a major earthquake, use your telephone only in case of an emergency.

Take With You:

- Medicines and first aid kit.
- Flashlight, portable radio and batteries.
- Important papers and cash.
- Food, water, sleeping bags and extra clothes.

Learn School Policies:

- Determine in advance whether the school's policy is to hold or to release your children in the event of an emergency.

Leave a Message:

- Post a message inside your home indicating where you can be found.

(Sample)

Emergency Information Card

Name: _____ Phone: _____

Address: _____

Meeting Places: 1. _____

2. _____

3. _____

Parent/Spouse: _____

Phone: _____

Friend/Relative: _____

Phone: _____

Special Medical Needs: _____



Compliments of Assemblymember

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California's Earthquake Preparedness Guide

Important Safety Information

Emergency Checklist

Batteries Keep a supply of batteries on hand and replace them on a regular basis.

Food Keep a supply of non-perishable food on hand and replenish it on a regular basis.

Flashlights Keep several on hand and test them on a regular basis.

Portable Radio Be certain you know your local emergency radio stations.

First Aid Kit Update the contents and replace used items immediately.

Fire Extinguisher Have your extinguisher recharged regularly.

Water Store in air-tight containers and replace about every six months.

Tools Keep an adjustable wrench for turning off gas and water mains.

Special Items Keep at least a one-week supply of medications and food for infants and people on restricted diets.

**Stay
Calm
and
Help
Others!**





California State Assembly

Mary Hayashi

ASSEMBLYMEMBER, 18TH DISTRICT

Dear Friend:

The safety of your family is most important to me. According to leading experts, residents living in Alameda County have a 62% chance of experiencing an earthquake of 6.7 magnitude or greater within the next 30 years. If this earthquake happened right now, would your family be ready?

You can begin to prepare yourself by reviewing this information and making a plan for what to do in the event of a major earthquake. Your plan might include having a safe place for your family to meet and a contact person outside the area who could serve as an information clearinghouse if you are unable to find each other. Additionally, you could create a survival kit for home, work and car that includes flashlights, batteries, a first-aid kit, water, food, clothes, and sturdy shoes.

With advance-planning, we can minimize the impact of any damage that may occur and keep our loved ones safe. Together, we can prevail through challenging times.

Sincerely,

MARY HAYASHI
Assemblymember

Before the Quake

Develop a family plan.

Prepare yourself, your family and your home by completing the activities on this check list and, as a further safety measure, fill out and carry emergency information cards.

✓ Prepare Family Members:

- Learn first aid and CPR.
- Learn how to turn off gas, water and electricity.
- Learn where to take cover during an earthquake.
- Learn locations of nearby hospitals, clinics, fire stations, etc.
- Decide how and where your family will reunite if separated or if travel becomes difficult.
- Designate an out-of-state friend or relative that separated family members can call to report their whereabouts and condition.
- Conduct practice drills.
- Keep pet identification tags current.

✓ Set Aside Supplies and Check Periodically:

- Portable radios, flashlights and batteries.
- A one-week supply of canned or dried food and a few gallons of water in plastic bottles.
- Adjustable wrench to turn off gas and water.
- Portable stove and matches.
- Extra blankets or sleeping bags.
- Available cash.
- Pet food.

✓ Inspect Home: Secure Furniture/Appliances:

- Secure water heater and refrigerator. Place heavy items on lower shelves. Make certain shelves are securely fastened.
- Keep flammable or hazardous liquids (such as paints, pest sprays or cleaning products) in cabinets or secured on lower shelves.

Information Supplied By: California Office of Emergency Services • American Red Cross • Federal Emergency Management Agency

During the Quake

✓ If Indoors, Stay There:

- Get under a desk or table or stand in a corner.
- Stay away from glass.
- Do not use candles, matches or other open flames during or after the tremor...there may be gas leaks.

✓ If Outdoors:

- Get into an open area away from trees, buildings, walls and power lines.
- The greatest danger from falling debris is outside and close to outer walls. If possible, move to an open area.

✓ If Driving:

- Pull over to the side of the road and stop.
- Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- Be aware of hazards such as fallen or falling objects, downed electrical wires or damaged roadways.

✓ If in a Highrise Building:

- Stay away from windows or outside walls.
- Get under a table.
- Do not use elevators.

✓ If in a Crowded Public Place:

- Do not rush for exit doors.
- Move away from display shelves containing objects that could fall.

Earthquake insurance information:
(877) 797-4300 www.earthquakeauthority.com

After the Quake

✓ First Aid, First:

- Check for injuries. Apply first aid.
- Do not move seriously injured individuals unless they are in immediate danger.

✓ Hunt for Hazards:

- Check for gas and water leaks, broken electrical wiring or sewage lines.
- If there is damage, turn utilities off at source. Do not turn on the gas again. Let the gas company do it.
- Check building for cracks and damage, including roof, chimneys and foundation.
- Be prepared for aftershocks.

✓ Check Your Supplies:

- Check food and water supplies.
- Obtain emergency water from water heaters, melted ice cubes and canned vegetables.

✓ Stay Informed:

- Turn on your portable radio for instructions and news reports.

✓ Work With Authorities:

- Cooperate fully with public safety officials.
- Do not use your vehicle except in an emergency.
- Keep streets and roads clear for emergency vehicles.
- DO NOT go sight-seeing.

✓ Please Remember:

- Adults and children should carry an emergency card.
- Stay calm and lend a hand to others.